| *Gettysburg Area School District*<br>*Middle School* | | | December 2026<br>Breakfast Carb Counts | |
|---|---|---|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | **12/1**<br>1.Ham and Cheese Croissant **27**<br>2. Confetti Waffles **30**<br>3.Chocolate Crescent **37**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,**<br>1 % Milk **12,** 1 % **Choc** Milk **24** | **12/2**<br>1. Bacon, Egg and Cheese Bagel **26**<br>2. Iced Cinnamon Bun **38**<br>3. Chocolate Donut Holes **37**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit juice, **15** Fresh Whole Fruit **24,**<br>1 % Milk **12,** 1 % **Choc** Milk | **12/3**<br>1.Sausage, Egg and Cheese Muffin **28**<br>2.Banana Split **62.5**<br>3. Blueberry Crumble Cake **46**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,**<br>1 % Milk **12,** 1 % **Choc** Milk **24** | **12/4**<br>1.Bacon, Egg and Cheese Pancake Sandwich **28**<br>2.Breakfast Bagel **37**<br>3. Assorted Muffins **45**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24** |
| **12/7**<br>1. Waffles w/Bacon **30**<br>2. Donut and Berry Parfait **37.5**<br>3. Cinnatwin **46**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24** | **12/8**<br>1.Sausage, Egg and Cheese Muffin **28**<br>2.Cinnamon Crumble Cake **48**<br>3.Bagel w/Cream Cheese **28**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24** | **12/9**<br>1.Bacon, Egg and Cheese Croissant **28**<br>2.Sausage, Egg and Cheese Wrap **22**<br>3.Iced Cinnamon Bun **38**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24** | **12/10**<br>1.Sausage and Gravy w/Biscuit **29**<br>2.Caramel Mini Cini **35**<br>3. Assorted Muffins **45**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,**<br>1 % Milk **12,** 1 % **Choc** Milk **24** | **12/11**<br>1.Ham, Egg and Cheese Croissant **28**<br>2.Breakfast Pizza **27**<br>3. Honey Bun **40**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24** |
| **12/14**<br> | **12/15**<br>1.Ham and Cheese Croissant **27**<br>2. Confetti Waffles **30**<br>3.Chocolate Crescent **37**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,**<br>1 % Milk **12,** 1 % **Choc** Milk **24** | **12/16**<br>1. Bacon, Egg and Cheese Bagel **26**<br>2. Iced Cinnamon Bun **38**<br>3. Chocolate Donut Holes **37**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit juice, **15** Fresh Whole Fruit **24,**<br>1 % Milk **12,** 1 % **Choc** Milk | **12/17**<br>1.Sausage, Egg and Cheese Muffin **28**<br>2.Banana Split **62.5**<br>3. Blueberry Crumble Cake **46**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,**<br>1 % Milk **12,** 1 % **Choc** Milk **24** | **12/18**<br>1.Bacon, Egg and Cheese Pancake Sandwich **28**<br>2.Breakfast Bagel **37**<br>3. Assorted Muffins **45**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24** |
| **12/21**<br>1. Waffles w/Bacon **30**<br>2. Donut and Berry Parfait **37.5**<br>3. Cinnatwin **46**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24** | **12/22**<br>1.Sausage, Egg and Cheese Muffin **28**<br>2.Cinnamon Crumble Cake **48**<br>3.Bagel w/Cream Cheese **28**<br><br>**Sides**: Chilled Fruit, **15** 100% Fruit Juice, **15** Fresh Whole Fruit **24,** 1 % Milk **12,** 1 % **Choc** Milk **24** | **12/23**<br> | **12/24**<br> | **12/25**<br> |
| **12/28**<br> | **12/29**<br> | **12/30**<br> | **12/31**<br> | |

**Daily Alternate Breakfast Meals:** **Assorted Low Sugar Cereal 25 w/String Cheese; 1**